



UNDER HIS WINGS

SEASON 5

EPISODE 71- Sculpting Our Lives In Christ with Syd & CJ Spjute

SHOW NOTE HIGHLIGHTS

Episode Show Notes



CJ and Sydnee Spjute have been married for almost 8 years, and have two little girls who are their whole world.

CJ served a two year mission in California, and Sydnee served in Argentina.

They have lived in Idaho, Florida, Massachusetts, and currently reside in Utah.

Health and fitness has always been apart of CJ's life, with him being a former collegiate athlete. Sydnee, not so much. So when they met, they had a decision to make!

Due to life, kids and work- they both struggled with their health and fitness.

Fast forward to end of year 2021- CJ decided to do a body building show. He lost almost 100lbs to get on stage and boasts it to be the hardest thing he's ever done.

During this time, Sydnee battled postpartum depression- but decided to give weight lifting a shot.

Once she started, she was hooked. They did it together and eventually decided to compete in a show together.

They now have grown their fitness community to over 30k, and even coach in health and wellness.

Most importantly, during this process they never let go of their faith and covenants. Though difficult, they still strive to always make God and family a number 1 priority.

Together, along with the Lord, they know anything is possible.

Visit their Instagram site: [@spute_strong.fit](https://www.instagram.com/spute_strong.fit)

